

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application. Claims 43-49 have been cancelled, without prejudice. Independent claims 50 and 60 and dependent claim 51-59 and 61-67, have been added. No new matter has been introduced by these amendments.

Listing of Claims:

Claims 43-49 (canceled).

Claim 50 (new): A method of promoting weight loss in a mammal in need thereof comprising:

providing a composition containing an aqueous extract of the stems or leaves or the stems and leaves of one or more *Cissus quadrangularis* plants to promote weight loss.

Claim 51 (new): The method of claim 50, wherein the composition further comprises one or more compounds that bind to fatty acids.

Claim 52 (new): The method of claim 51, wherein the compound that binds to fatty acids is chitosan.

Claim 53 (new): The method of claim 51, wherein the composition further comprises one or more amylase inhibiting compounds.

Claim 54 (new): The method of claim 50, wherein composition is formulated to provide 0.1 ml to 10.0 ml of 50% to 90% (v/v) extract for every kilogram of mammal.

Claim 55 (new): The method of claim 50, wherein composition provides 0.2 ml to 2.0 ml of extract for every kilogram of mammal.

Claim 56 (new): The method of claim 50, wherein composition provides 200 mg to 400 mg of *Cissus quadrangularis* to the mammal daily.

Claim 57 (new): The method of claim 50, wherein composition provides approximately 640 mg of *Cissus quadrangularis* to the mammal daily.

Claim 58 (new): The method of claim 50, wherein the composition promotes weight loss by providing one or more benefits selected from the group consisting of:

- (a) reducing the amount of fats adsorbed by the body,
- (b) increasing the amount of fat in the feces, and
- (c) reducing carbohydrate breakdown.

Claim 59 (new): The method of claim 50, wherein the mammal is a human.

Claim 60 (new): A method of controlling obesity in a mammal in need thereof comprising:

providing a composition containing fat binding compound and an aqueous extract of leaves and stems of one or more *Cissus quadrangularis* plants.

Claim 61 (new): The method of claim 60, wherein the composition further comprises the roots of one or more *Vernonia glabra* plants.

Claim 62 (new): The method of claim 60, wherein the fat binding compound is chitosan.

Claim 63 (new): The method of claim 60, wherein composition provides 0.2 ml to 2.0 ml of extract for every kilogram of mammal.

Claim 64 (new): The method of claim 60, wherein composition provides 200 mg to 400 mg of *Cissus quadrangularis* to the mammal daily.

Claim 65 (new): The method of claim 60, wherein composition provides approximately 640 mg of *Cissus quadrangularis* to the mammal daily.

Claim 66 (new): The method of claim 60, wherein the composition promotes weight loss by providing one or more benefits selected from the group consisting of:

- (a) reducing the amount of fats adsorbed by the body,
- (b) increasing the amount of fat in the feces, and

(c) reducing carbohydrate breakdown.

Claim 67 (new): The method of claim 60, wherein the mammal is a human.